

Fall 2006



Queen Anne POOL



SEATTLE PARKS
AND RECREATION

Fall 2006

September 5, 2006–December 31, 2006

Queen Anne Pool
1920 First Avenue West
Seattle, WA 98119
206.386.4282 Phone
206.233.3717 Fax

www.seattle.gov/parks/Aquatics/queenannepool.htm

NEW!

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SPARC

Queen Anne POOL

1920 First Ave West
Seattle WA 98119-2602
(206) 386-4282 • TDD only (206) 233-7061
www.seattle.gov/parks/Aquatics/queenannepool.htm

Fall-at-a-Glance 2006

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00 AM	Lap swim	Lap swim	Lap swim	Lap swim	Lap swim	
06:30 AM	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	
07:00 AM						
07:30 AM						Lap Swim 7:30-9
08:00 AM	Seattle Public Schools					
08:30 AM	7:45-10:30					
09:00 AM						Deep WX/Hydrofit
09:30 AM						9:00-10:00
10:00 AM						Lessons
10:30 AM						10:00-11:30
11:00 AM	Hydrofit	Shallow WX	Hydrofit/Noodles	Shallow WX	Stretch & Flex	
11:30 AM	11:15-Noon	11:15-Noon	11:15-Noon	11:15-Noon	11:15-Noon	Senior Swim
12:00 PM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	11:30-12:30
12:30 PM	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	Adult Swim
01:00 PM						12:30-1:30
01:30 PM	Lessons	Day Care Lesson	Lessons	Day Care Lesson	Adult Lesson	Public Swim
02:00 PM	1:30-3:00	1:30-2:00/Pool	1:30-3:00	1:30-2:00/Pool	Homeschool	1:30-2:30
02:30 PM		Playland 2:00-3:00		Playland 2:00-3:00	Swim 2:00-3:00	Lessons
03:00 PM	Lap Swim*	Adult Swim*	Lap Swim*	Adult Swim*	Lap Swim*	2:30-3:30
03:30 PM	3:00-4:00	3:00-4:00	3:00-4:00	3:00-4:00	3:00-4:00	Family Swim
04:00 PM	Salmon Bay Swim Club					3:30-4:30
04:30 PM	4:00-5:30					Lap Swim
05:00 PM						4:30-5:30
05:30 PM	Lessons	Lessons	Lessons	Lessons	Lap Swim	Party Rentals
06:00 PM	5:30-7:00	5:30-7:00	5:30-7:00	5:30-7:00	5:30-7:00	see pg. 7 for details
06:30 PM						
07:00 PM	Shallow WX	Hydrofit	Shallow WX	Hydrofit	Public Swim	
07:30 PM	7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00	
08:00 PM	Lap Swim	Public Swim		Public Swim		
08:30 PM	8:00-9:30	7:30-8:30		7:30-8:30		
09:00 PM		Lap Swim		Lap Swim		
09:30 PM		8:30-10:00		8:30-10:00		

2006 Fall Schedule—September 5–December 31, 2006

We will be closed in observance of Veteran's Day, Nov. 10 and Thanksgiving, Nov. 23-24 and Christmas Day, Dec. 25.

Due to the Kingco and Metro High School Swim Meets, programs between 3–5:30 pm will be cancelled on the following dates: Sept. 8, 12, 15, 22, 26; Oct. 3, 6, 10; Dec. 1, 5, 8

*Programs end November 10.

2006 Fall Quarter Front Desk Hours:

Monday–Friday: 11 am–8 pm
Saturday: 7:30 am–5:30 pm
Sunday: Closed except for private rentals

Closures:

Monday, May 29 Memorial Day

Queen Anne Pool Professional Staff:

Jenette Budrow and Angela Eddy,
Aquatic Center Coordinators

Katie Fridell, *Assistant Aquatic Center Coordinator*

Marcos Fernandes, Teresa Faulkner, Ryan
Seamster, *PPT and Senior Lifeguards*

Naty Acierto and Gidgette Turlington, *Cashiers*

Ofelia DeBernal, *Pool Operator*

And a bunch of other really dedicated staff
members!

Kathy Whitman, *City-wide Aquatic Manager*

Patsy Siegismund, *Senior Program Coordinator*

Fees and Admission Information:

Under 1 year	Free!
Youth, ages 1–18 years	\$2.75
Adult , ages 19–64 years	\$3.75
Senior Adults, ages 65 and better	\$2.75
Special Populations	\$2.75
Water Fitness Classes	\$4.75/\$3.00
Masters Workout	\$4.75/\$3.00

Swim Tickets:

FAST Pass	\$45.00
(Senior, Youth, Special Pop)	\$35.00
Unlimited swimming or water exercise for one full month!	
Recreational Punch Card (\$22 value)	\$20.00
Fitness Punch Card (\$33 value)	\$30.00

Equipment Rentals:

Towels	\$0.50
Showers	\$3.75
Lockers	\$0.25

Pool Parties

Prices start at 115.00 for a one-hour party for 30 kids or less. This price includes 2 certified lifeguards and 15 min. showering time at the end of your swim. Our most popular party is \$165.00 for a one-hour in the pool and a one-hour lobby party for 30 kids or less. Amenities include: floating mats, noodles, tables, chairs and a rockin' stereo system. User is responsible for their own clean up. **For more information please come by or call 386-4282 between Noon–8:00PM, Monday–Friday.**

About the Pool

Pool Size: 25 yards x 15 yards

- Water temperature: 86°F.
- Depth Range: 3–12ft
- 72 lengths/36 laps = 1 mile
- Rope swing.
- 1 meter and 3 meter diving boards.
- Dry heat sauna.
- Street shoes are not allowed on the pool deck.
- Served by Metro bus route #3, #4 and #13.
- Two ADA accessible Family Changing Rooms available.
- Pool lift and portable steps for our non-ambulatory patrons.
- Children 6 years and older must use the appropriate gender locker room.
- Please use the recycling containers or garbage cans located in the lobby, locker rooms and deck.
- Absolutely no glass.
- A child younger than 6 years old or less than 4 feet tall must have an adult with them at all times in the water.
- We accept MasterCard, VISA and American Express. All taxes are included.

Recreational Swimming

Lap Swims

Mon–Fri (EMLS)*	6–7:30 am
Saturdays	7:30–9 am
Mon/Wed/Fri**	3–4 pm
Mondays	8–9:30 pm
Tue/Thur	8:30–10 pm
Fridays	5:30–7 pm
Saturdays	4:30–5:30 pm

This is the best time for serious swimmers who want to work on fitness or training. There are four speed levels (slow, medium, fast, very fast) with 6 lanes. No aqua joggers please. **Early Morning Lap Swim (ELMS) admission by recreational swim card or check. No cash please (6–7:30 am)*

Adult and Senior Swim

Mon–Fri	Noon–1:30 pm
Tue/Thurs**	3–4 pm
Saturdays	12:30–1:30 pm

One half of the pool is set up with lanes for lap swimming. The other half is available for recreational swimming. Aqua joggers welcome. 3 lap lanes are provided with the exception of Saturday where 4 lap lanes are provided.

Senior Swim

Saturdays	11:30 am–12:30 pm
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This is a recreational swim just for seniors and patrons with special needs. Three lanes are available for swimmers interested in fitness swimming and the other half of the pool is open for floating, exercising and socializing.

Pool Playland and 3 Lane Lap Swim

Tues/Thurs	2–3 pm
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This is a gentle public swim that features water toys and is especially good for younger kids and their big people. **3 lap lanes are provided.** The other half of the pool is open for playing with toys, floating and exercising.

Homeschool Happy Hour

Friday 2–3 pm
Queen Anne Pool wants to invite our homeschool community to a weekly fun swim with other homeschooled kids.

Public Swims

Tue/Thu*	7:30–8:30 pm
Friday	7–8 pm
Saturdays	1:30–2:30 pm

Recreational swimming for all ages. Children must be at least 4 feet or six years old to swim alone; otherwise a parent or guardian must accompany them. Floatation devices are permitted with staff approval only. *Shallow end only 7:30–8 pm.

Family Swim

Saturdays	3:30–4:30 pm
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A fun recreational swim session for parents or guardians and their children. Floatation aids and toys are allowed in the shallow end of the pool only. An Adult must accompany youth under 19 years into the pool.

Water Fitness Programs

Hydrofit

Mon/Wed	11:15 am–Noon
Tue/Thu	7–8 pm
Saturdays	9–10 am

A non-impact exercise class that is both toning and cardiovascular. Designed for buoyancy, and resistance apparatus are used in deep water. No prior experience necessary.

Shallow Water Exercise

Mon/Wed	7–8 pm
Tue/Thu	11:15 am–Noon

Come try this low impact exercise program that is great for toning, stretching and improving your figure! Beginners welcome! This class has fun music and a great instructor, so don't wait to join in.

**Programs end November 10.

Oodles of Noodles

Wednesdays..... 11:15 am–Noon

This is a shallow water fitness program designed to enhance flexibility and improve balance while working with a fun water noodle. Everyone is welcome.

Stretch and Flex

Fridays..... 11:15 am–Noon

A class designed to relieve the pain and stiffness caused by arthritis. This is a great class for folks who want to stretch and move with the added support and assistance from the water. And after class, take a few minutes to enjoy the dry heat sauna.

Swimming Lessons

Tot Lessons (birth to 4 years)

This series of lessons helps introduce you and your child to the swimming pool. Emphasis is placed on your child learning to relax and become comfortable in this new environment.

3 Year Old Lessons

Small classes with a certified instructor to start your child learning basic skills and water safety. Maximum 3:1 student to teacher ratio. Prerequisite: at least one session of Tots.

Kinder Lessons

Designed to teach the basic skills of swimming and water safety to ages 4–5. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

Youth Lessons

Our Lessons have been designed by the American Red Cross to provide a thorough and structured progression of swimming skills for children ages 6-17. We have slightly modified these skills in the earlier levels to be more challenging and provide a smoother transition between levels. We use a station method of teaching which promotes more

individual attention for all our students. And above all, we emphasize safety, fitness, and fun in our lessons!

If your child has not taken lessons before please sign up for the Level **1-3** time slot and we will evaluate your swimmer.

- **Level 1—Introduction to water skills:** getting comfortable with the face in the water and with floating and kicking on front and back.
- **Level 2—Fundamental aquatic skills:** front gliding and crawlstroke to turning over and kicking on the back.
- **Level 3—Stroke development:** crawlstroke, backstroke, treading water, and diving.
- **Level 4—Stroke improvement:** adds breaststroke, butterfly, and elementary backstroke to the previous skills.
- **Level 5—Stroke refinement:** adds sidestroke, and longer distances and more refinement of the previous strokes.
- **Level 6—Personal water safety:** increased mastery of form and endurance in all the strokes plus safety and rescue techniques.

Special Populations

Small or individualized classes for patrons with special needs. We have comfortable pool lift and steps available for non-ambulatory patrons. **For additional Special Populations programs call 684-4950.**

Private Swimming Lessons

One student:..... 1½ hr. / \$25.00

Two students:..... 1½ hr. / \$35.00

Private lessons are offered Mondays and Saturdays at 2:30 pm, Wednesday and Fridays at 1:30 pm and Tuesdays and Thursdays at 7 pm. There is a three (3) class minimum required when signing up.

Fall 2006—Swimming Lesson Schedule

SESSION 1	CLASS	DAY	TIME	DATES	PRICE	# OF LESSONS	COURSE NUMBER
	Tots	T	6:30–7:00 pm	9/12–10/31	\$40.00	8	10246
	6 months–4 yrs	Th	6:30–7:00 pm	9/14–11/02	\$40.00	8	10247
		Sat	11:00–11:30am	9/16–11/04	\$40.00	8	10248
	3 Year Old	M	1:30–2:00 pm	9/11–10/30	\$64.00	8	10203
		M	2:30–3:00 pm	9/11–10/30	\$64.00	8	10204
		T	6:30–7:00 pm	9/12–10/31	\$64.00	8	10205
		W	2:30–3:00 pm	9/13–11/01	\$64.00	8	10206
		W	5:30–6:00 pm	9/13–11/01	\$64.00	8	10207
		Th	6:30–7:00 pm	9/14–11/12	\$64.00	8	10208
		Sat	10:00–10:30am	9/16–11/04	\$64.00	8	10211
		Sat	11:00–11:30 am	9/16–11/04	\$64.00	8	10209
		Sat	2:30–3:00 pm	9/16–11/04	\$64.00	8	10210
	Kinder	M/W	2:00–2:30 pm	9/11–10/11	\$50.00	10	10224
	Ages 4–5	M	5:30–6:00 pm	9/11/10/30	\$40.00	8	10225
		T/Th	6:00–6:30 pm	9/12–10/12	\$50.00	8	10226
		W	5:30–6:00 pm	9/13–11/01	\$40.00	8	10227
		Sat	10:00–10:30 am	9/16–11/04	\$40.00	8	10228
	Youth Level 1–3	M	6:00–6:30 pm	9/11–10/30	\$40.00	8	10252
	Ages 6 and up	T/Th	5:30–6:00 pm	9/12–10/12	\$50.00	10	10253
		W	6:00–6:30 pm	9/13–11/01	\$40.00	8	10254
		Sat	10:30–11:00 am	9/16–11/04	\$40.00	8	10255
	Youth Level 4–6	T/Th	6:30–7:00 pm	9/12–10/12	\$50.00	10	10261
	Passed Level 3	Sat	11:00–11:30 am	9/16–11/04	\$40.00	8	10262
	Swim Team Prep	T/Th	6:00–6:30 pm	9/12–10/12	\$50.00	10	10243
	Special Pops	Sat	3:00–3:30 pm	9/16–11/04	\$40.00	8	10241
	Adults	M	6:30–7:00 pm	9/11–10/30	\$40.00	8	10212
		W	6:30–7:00 pm	9/13–11/01	\$40.00	8	10213
	Diving–	T	6:00–7:00 pm	9/12–10/31	\$80.00	8	10220
	Beginning/Inter	Th	6:00–7:00 pm	9/14–11/02	\$80.00	8	10221
	Diving–Advanced	M	6:30–8:00 pm	9/11–10/30	\$120.00	8	10216
		W	6:30–8:00 pm	9/13–11/01	\$120.00	8	10217

There will be no classes on Veteran's Day, Nov. 10 and Thanksgiving, Nov. 23-24 and Christmas Day, Dec. 25

Swimming Lessons

7

SESSION 2

CLASS	DAY	TIME	DATES	PRICE	# OF LESSONS	COURSE NUMBER
Tots	T	6:30–7:00 pm	11/7–12/19	\$35.00	7	10249
6 months–4 yrs	Th	6:30–7:00 pm	11/9–12/21	\$30.00	6	10250
	Sat	11:00–11:30 am	11/11–12/23	\$35.00	7	10251
3 Year Old	M	1:30–2:00 pm	11/6–12/18	\$56.00	7	10191
	M	2:30–3:00 pm	11/6–12/18	\$56.00	7	10192
	T	6:30–7:00 pm	11/7–12/19	\$56.00	7	10193
	W	2:30–3:00 pm	11/8–12/20	\$56.00	7	10195
	W	5:30–6:00 pm	11/8–12/20	\$56.00	7	10194
	Th	6:30–7:00 pm	11/9–12/21	\$48.00	6	10198
	Sat	10:00–10:30 am	11/11–12/19	\$56.00	7	10201
	Sat	11:00–11:30 am	11/11–12/23	\$56.00	7	10202
	Sat	2:30–3:00 pm	11/11–12/23	\$56.00	7	10199
Kinder	M/W	2:00–2:30 pm	10/16–11/15	\$50.00	10	10229
Ages 4–5	M	5:30–6:00 pm	11/6–12/18	\$35.00	7	10231
	W	5:30–6:00 pm	11/8–12/20	\$35.00	7	10232
	T/Th	6:00–6:30 pm	10/17–11/16	\$50.00	10	10230
	Sat	10:00–10:30 pm	11/11–12/23	\$35.00	7	10233
Youth Level 1–3	M	6:00–6:30 pm	11/6–12/18	\$35.00	7	10257
Ages 6 and up	W	6:00–6:30 pm	11/8–12/20	\$35.00	7	10258
	T/Th	5:30–6:00 pm	10/17–11/16	\$50.00	10	10256
	Sat	10:30–11:00 am	11/11–12/23	\$35.00	7	10259
Youth Level 4–6	T/Th	6:30–7:00 pm	10/17–11/16	\$50.00	7	10263
Passed Level 3	Sat	11:00–11:30 am	11/11–12/23	\$35.00	7	10264
Swim Team Prep	T/Th	6:00–6:30 pm	10/17–11/16	\$50.00	7	10244
Special Pops	Sat	3:00– 3:30 pm	11/11–12/23	\$35.00	7	10242
Adults	M	6:30–7:00 pm	11/6–12/18	\$35.00	7	10214
	W	6:30–7:00 pm	11/8–12/20	\$35.00	7	10215
Diving–	T	6:00–7:00 pm	11/7–12/19	\$70.00	7	10222
Beginning/Inter	Th	6:00–7:00 pm	11/9–12/21	\$60.00	6	10223
Diving–Advanced	M	6:30–8:00 pm	11/6–12/18	\$105.00	7	10218
	W	6:30–8:00 pm	11/8–12/20	\$105.00	7	10219

SESSION 3

Kinder	M/W	2:00–2:30 pm	11/20–12/20	\$50.00	10	10234
Ages 4–5	T/Th	6:00–6:30 pm	11/21–12/21	\$45.00	9	10235
Youth Level 1–3	T/Th	5:30–6:00 pm	11/21–12/21	\$45.00	9	10260
Youth Level 4–6	T/Th	6:30–7:00 pm	11/21–12/21	\$45.00	9	10265
Swim Team Prep	T/Th	6:00–6:30 pm	11/21–12/21	\$45.00	9	10245

Steps to Register for Swimming Lessons **NEW!**

Swim Lesson registration for the Fall Quarter can be done online beginning August 14, 2006 at 7:00 am. Go to www.cityofseattle.net/parks and click on the SPARC link. Courses will be visible to browse on this website beginning July 24, 2006. People who have taken classes at a City of Seattle Pool or Community Center in the last six months may already have an account, and will only need to obtain two numeric codes to register online. These codes are available at the pool with valid ID before August 6 or after August 21, or through the SPARC link itself. If you do not have an account, you can also set one up using the SPARC link.

If you do not have access to a computer, all Seattle Parks and Recreation Community Centers and Pools will be available for walk-in or phone-in registration during each facility's normal business hours beginning August 14.

Free Halloween Swim!

Friday, October 20 7–8:00 pm

We focus on fun and swimming rather than scaring anyone out of their pants. Lots of games and prizes that are fun both in and out of the water! Please remember, any swimmers under 4' tall or younger than 6 years should be in the water with an adult.



Diving Lessons

Have you ever wanted to learn how to dive gracefully off the diving board? Learn the basic skills of diving. We emphasize safety and good foundation skills. All abilities are encouraged to participate. **Prerequisite:** ages 6 and up; has to know how to dive off the side of the pool; able to swim in the deep end. Classes meet once a week. You may register for more than one class.

Beginning Diving, Session 1

Tuesday, 8 Classes, \$80.00 6–6:30 pm

Class starts Sept. 12 and ends Oct. 31.

Thursday, 8 Classes, \$80.00 6–6:30 pm

Class starts Sept. 14 and ends Nov. 2.

Beginning Diving, Session 2

Tuesday, 7 Classes, \$70.00 6–6:30 pm

Class starts Nov. 7 and ends Dec. 19.

Thursday, 6 Classes, \$60.00 6–6:30 pm

Class starts Nov. 9 and ends Dec. 21.

Intermediate/Advanced Diving, Session 1

Monday, 8 classes, \$120.00 6:30–8 pm

Class starts Sept. 11 and ends Oct. 30.

Wednesday, 8 classes, \$120.00 6:30–8 pm

Class starts Sept 13 and ends Nov. 1.

Intermediate/Advanced Diving, Session 2

Monday, 7 classes, \$105.00 6:30–8 pm

Class starts Nov. 6 and ends Dec. 18.

Wednesday, 7 classes, \$105.00 6:30–8 pm

Class starts Nov. 8 and ends Dec. 20.